

ABSTRACT

An optical information recording medium 10 is composed of at least a reflective layer 2, a first protective layer 3, a phase-change type optical recording layer 4 and a second protective layer 5 being sequentially laminated on a substrate 1. The optical information recording medium 10 is conducted to record information by changing a phase of the phase-change type optical recording layer 4 by irradiating light from the second protective layer 5 side. The phase-change type optical recording layer 4 further contains at least Ti, In, Ge, Sb and Te. When each content amount of the Ti, In, Ge, Sb and Te is defined as v, w, x, y and z in atomic percent respectively, each content amount of v, w, x, y and z in atomic percent satisfies following relations: $0.3 \leq v \leq 4$, $0.3 \leq w \leq 3$, $3.4 \leq x \leq 14.5$, $2.1 \leq y/z \leq 4$ and $v + w + x + y + z \leq 100$.